

Keeping you
"in THE"
know.



2/26/21

Virtual Trivia Night Raises Over \$1,200!

-The Visionaries, CSC's Young Professional Group, hosted a virtual trivia event last night on Thursday, February 25th. Over 60 participants were placed on eight teams in this fun-filled evening of trivia, networking and education about Cleveland Sight Center! The event raised over \$1,200 for clients of Employment Services in need of necessary attire and transportation options during their job seeking and interview process. Thanks to all who participated and to the Visionaries for coordinating another successful event to support CSC!

February is Low Vision Awareness Month:

-Low vision can make it hard to do things like reading, shopping, cooking or writing. Vision rehabilitation can help people with low vision stay independent and maximize remaining vision. During February, which is Low Vision Awareness Month, help raise awareness about low vision and spread the word about Cleveland Sight Center and vision rehabilitation services. Follow CSC messaging via "In The Know," social media channels and the agency's website throughout the month for tips, tools and techniques about vision health, contrast, lighting, minimizing your risk for vision loss and more.

-Check out the article below to learn about the 8 things you can do right now to protect your vision:
<https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/healthy-vision-resources/healthy-vision-month/8-things-you-can-do-right-now-protect-your-vision>

Thankful Families and CSC Staff:

-Check out some feedback recently received about the CSC Early Intervention program and team, specifically to Cortical Vision Impairment (CVI), as well as a note from a CSC team member about a colleague.

Family Feedback:

-“Our little one wasn’t tracking objects. We took her to a specialist who very abruptly said, “her eyes are structurally fine but she isn’t processing anything.” It was crushing. Only in digging through the “mychart” notes from that appointment did I even learn the diagnosis - CVI. I connected with the Sight Center and within minutes was told, “with CVI, there is every reason to believe there will be improvement.” And then I could breathe again. No one promised what the improvement would look like or what the timeframe would be but simply that it was absolutely possible to move the dial. That’s what working with the Sight Center, particularly Monica (Owen), has been over the past two years. Moving the dial. Parents are experts of their own children but when your child receives a diagnosis that you haven’t even heard of, it feels like you’re anything but the expert. That’s where Monica comes in. I’m the expert of my child and she’s the expert of the diagnosis. Often times, I ask, “now what?” and she offers specific examples and asks if that will work for my child. Then we go from there. She’s helped educate us, our family, and our little one’s whole team on how to move the dial.”



Staff Appreciation:

-As many of us know, working remotely became a reality this year. Some of CSC’s working clients were also affected by this change. However, not everyone had a home office to use.

Opportunities for Ohioans with Disabilities (OOD) helped clients get desks, chairs and other work-at-home essentials, as Cleveland Sight Center helped by providing those recommendations and setup. A key person in getting it done was Scott Malone. Scott helped carry, assemble and set up items right at the client’s home. He was on time, professional and pleasant. If we got stuck he went right to troubleshooting. He worked quickly, but with an eye for safety. Helping the Assistive Technology department in this way is not a typical job duty for Scott. He took it on with a smile and a “can-do” attitude that we appreciate, and so do the clients. Thank you for all that you do Scott!

- Jennifer Dean

Photo of Scott assembling a desk for a client

Educating the Community:

-Some feedback from a recent presentation to the Cleveland Ophthalmological Society made by Dr. Lidija Balciunas, Optometrist/Low Vision Specialist and Clinical Manager of the Low Vision Clinic at Cleveland Sight Center, included the following:

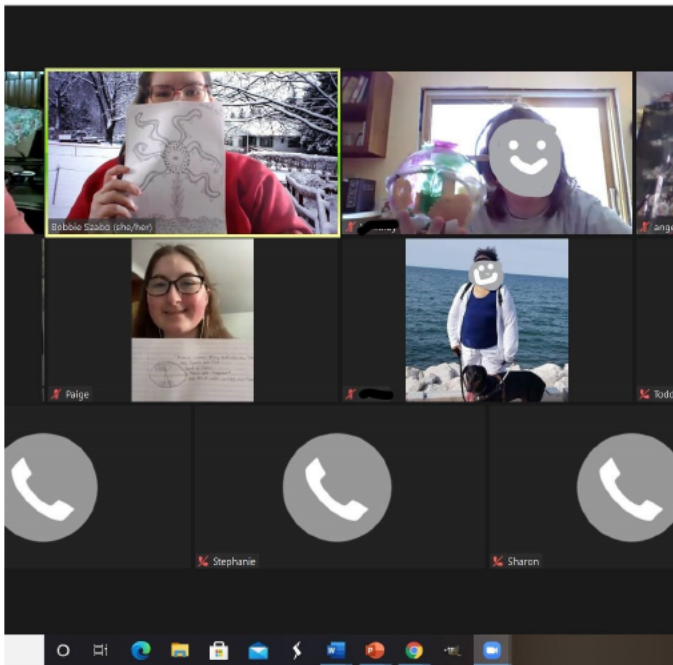
A University Hospitals retina specialist, who is also associated with the Veterans Administration, spoke of the value and importance of vision rehabilitation services and acknowledged that it is challenging work. A retina specialist from the Cleveland Clinic Cole Eye Institute spoke of the value in partnering with the agency (CSC) in caring for patients and was appreciative of the information provided during the presentation.

-The Outreach team continues to identify In Home Care service providers and Aging and Disability Resource Centers in CSC's service area to provide them with information about programs and services. They have been working to engage partners including colleges, public and parochial schools and other organizations who are inquiring about blindness awareness programs. They also this week connected with the Life Enrichment Coordinator for Bloom at Lakewood Senior Living, talking with her about Leisure and Lifestyle programs and schedule offerings, the Independent Living Older Blind (ILOB) program of Opportunities for Ohioans with Disabilities (OOD) and client registration. The coordinator is hoping to have an in-person presentation of CSC services in the future. A Social Service Coordinator at Tallmadge Acres, who recently received an ILOB Fact Sheet mailed out by Outreach recently, inquired about CSC's programs and services and invited CSC for a future presentation. Additionally, CSC collateral and ILOB Fact Sheets were delivered to Cleveland Clinic Cole Eye Institute.

What's Happening at CSC:

-Students in Bright Futures Preschool spent time learning how to take care of pets this week. They started the study unit with a virtual field trip to the Toronto Animal Shelter with Caitie - a preschool teacher from Canada who helped them explore various community places through Zoom. Students learned about different needs for different animals. They also learned to always wash their hands after playing or taking care of pets. They practiced this through a cool sensory bag activity and a great song (do do do do - Baby Shark-lovers know what this means and how it goes!) Students learned about the letters G (germs, guinea pig) and H (hands, hamster) and practiced counting while feeding pets using Boom learning online activities and real Scooby Doo snacks to stuffed animals. Next week the class will begin "Read Across America" activities, celebrate the birthday of Dr. Seuss and start preparing for coming back to school!

-The Leisure and Lifestyle Services Department hosted an extremely successful Virtual Winter Weekend for Highbrook Lodge Campers on Saturday, February 20th! Material kits were delivered to a dozen campers, who popped onto Zoom to do hilarious and engaging activities like creating their own terrariums, playing improv games and writing songs about camp, answering "Would You Rather?" through movement rather than words, and joining together for a cup of hot chocolate and singing camp favorites like "The Bear Song" and "There Was a Moose."



Special thanks to Jennifer Dean for creating amazing accessible snowflake coloring pages, to Curtis Smiley and Vanessa Wilson in Transportation Services delivering kits to campers, to Our Lady of Perpetual Help in Aurora, OH for donating craft supplies and to those who ate at iPoke and gave Bobbie their spherical containers afterwards! The Highbrook Lodge team is so appreciative of all of the support from other departments; they love working with everyone to make events like this possible for clients.

Image of several clients holding up terrarium crafts; clients created and designed their own plants using materials provided by CSC

-The Leisure & Lifestyle Services was thrilled to host special guest speaker Dr. Ariana Maki – Fulbright Scholar, Art Historian, and Buddhist Iconography expert – for the February's Speaker Series on South Asian Art. The program was titled "The Tiger's Nest" and Dr. Maki presented a multi-sensory experience of what it is like to climb to one of the most famous monasteries in the world, Paro Taktsang Palphug Monastery, also known as "The Tiger's Nest" in Bhutan, over Zoom and kindly gifted attendees with incense and prayer scarves so they could take a bit of Bhutan home with them.

Screenshot of Dr. Maki's presentation; she is sharing a picture of the path to The Tiger's Nest. On the path is a man in traditional clothing leading a small Bhutanese horse. There are prayer flags in the background. The Tiger's Nest monastery sits at the top of a huge stone cliff.



-Get ready for some engaging programs and activities as the March Leisure and Lifestyle Services activity schedule is now available:

Weekly Activities

Monday

10am Stretching and Meditation

6pm Health Chats (3/1, 3/15) OR Happy Hour Social (3/8, 3/22)

Tuesday

10:30am Ballroom Dance (3/2, 3/16, 3/30)

11:30am Meditation

5:00pm Yoga

Wednesday

10am Coffee Chat

2pm Improv (3/3, 3/17, 3/31) OR Jam Session (3/10, 3/24)

Thursday

10am Activities Vary

2pm Poetry with Katie Daley (3/4, 3/18) OR Escape from _____ (3/11, 3/25)

Friday

10am Fun Fridays

2pm Trivia

Additional Activities

Tuesday, March 9th

Book Discussion at 12pm

Wednesday, March 10th

Sing It Out at 5pm

Friday, March 12th

Quarterly Birthday Party at 6pm

Monday, March 15th

Piano Class at 2pm (Registration required)

Tuesday, March 16th

Music Group at 6:45pm

Thursday, March 18th

Speaker Series: Antarctic Expeditions at 12pm

Monday, March 29th

Poetry with Shayna Sharpe at 1:30pm

Program Highlights

Happy Hour Social

March 8th and March 22nd at 6pm

This social hour is specifically designed for our clients who are working professionals! Know anyone who is interested in recreational programming but cannot attend activities during the day? This is perfect for them!

Escape from _____

March 11th and March 25th at 2pm

Join Occupational Therapy PhD Candidate Erin for the first half of an awesome series of mystery sessions! Do you love Escape Rooms? Clients interested in problem solving and figuring out creative solutions to complex issues are sure to enjoy these programs!

Piano Classes

March 15th at 2pm

We are looking for ONE more client who has a keyboard and is interested in taking beginner keyboard classes virtually! Please contact Bobbie Szabo at 216-659-4597 to sign up.

Speaker Series: Antarctic Expeditions

Thursday, March 18th at 12pm

Have you ever wondered what it is like to participate in a scientific expedition to Antarctica? To found a museum? To be a professional sea farer and travel the globe? The time to find out is now!! Join us for our extra special guest speaker, Dr. Ed Sobey, as he enchants us with tales about his life and travels.

For additional information about the Leisure & Lifestyle Services program offerings, please call the Recreation Information Line at 216-658-4600 or contact Recreation Specialist Bobbie Szabo at 216-658-4597 or bszabo@clevelandsightcenter.org.

-The CSC Volunteer Team recently released the year's first Volunteer Spotlight! Let's meet Fred and Dianne Discenzo:

Time to leave your fears at the door and have fun with some music! Fred and Dianne Discenzo are two of CSC's most devoted, talented and fun volunteers. Together, they teach a bi-weekly series of ballroom dance lessons to clients. The objective of each series, they say, is to keep people engaged, socializing, and — most importantly — having fun. Both Fred and Dianne express the sense of accomplishment and feeling of reward they feel when teaching, fondly expressing, "we get a paycheck in laughs and hugs!"



Fred and Dianne Discenzo

Volunteer Spotlight February 2021



Empower. Support. Promote.

Volunteer Team Cleveland Sight Center

To learn more about Fred and Dianne and the work they do to for CSC, click here:

<https://www.clevelandsightcenter.org/volunteer-spotlight>

Graphic of Fred and Dianne with a picture of Fred leading a dance class with clients behind him

Items of Note:

-As a reminder, Cleveland Sight Center will continue the Friday main building closure through the end of March. This means that on Fridays, the main building will not be open to staff, clients or walk-ins. Remember, masks on and six feet everyone!

Did You Know:

-Did you know of the first five U.S. presidents, three died on July 4th? John Adams and Thomas Jefferson both died on July 4th, 1826 (the 50th anniversary of the birth of the United States). The country's fifth president, James Monroe, died five years later on July 4th, 1831.